

# THE SACRED SCIENCE OF REGENERATION

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BY  
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An exposition of the process of physical and spiritual regeneration through  
the conservation of sexual vitality.

The only method that will permanently overcome weakness, old age,  
disease and decay, and perpetually rejuvenate the body.

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## VICTORY THROUGH CHRIST.

The Immaculate Power of the Christ has placed him in a position of supremacy among the Sons of God. By reason of his superior angelic purity while living on this plane, he was able to organize a soul power in the flesh mightier than any other sage or saint, and the attractive power of the soul thus gained in the state of animal nature gave him dominion over every mortal state. To him we can look with sincerest trust in our work of regeneration. He will give us the essential purifying Spirit that will make us strong to overcome.

Let us cultivate the desire day and night to be as pure and true as he was. We can add to this desire and cultivate its power until we shall be swayed by it and held by it in the path of purity which is the way of peace and satisfaction. The peace and satisfaction which we receive from the soul for fulfilling its inmost promptings are a reward much greater than the distracting pleasures of the world. Our spiritual sphere will grow bright with the luminous emanations of the soul as we store up sexual energy, and the bliss of heaven will be ours at all times, for then we will be united through our nature of purity with the blissful consciousness of Jesus Jehovah. We can look to the Immaculate Presence of the Christ within our souls for the strength of will and purity of thought to transform all low imaginations and feelings into useful powers obedient to the soul.

## JESUS JEHOVAH.

Thy spiritual substance satisfies my life. Thy holy light purifies my mind of all lusts of mortality. I am satisfied in the peace and purity of thy presence in my soul.

Master, most holy, let Thy aura pervade my life. Cleanse me and keep me pure as Thou art pure.

Thy love is a consuming fire, burning up the useless mortal thoughts that would hinder thy purity from existing in the cells of my nature. All the dross of my nature is burned away by the pure fire of thy love.

Oh, Master of Souls, hold me in Thy purity. I will manifest Thy pure thought substance in every cell of my flesh. Thy purity now shines through my sex nature.

I crave no mortal indulgence. I am satisfied with the food Thou feedest me, satisfied in Thy joy and completeness.

Thy image in my mind attracts the essences of Divinity.

## OUR THOUGHT CHILDREN.

There are a number of planes of consciousness in our bodily make-up. The most interior state of the body-consciousness is the first to be awakened and illuminated, and by the recognition and the appropriation of the thoughts of Truth, this sphere of the I Am, this rational and intellectual center, becomes a creative center of divine thoughts; thoughts of love, life, health, harmony, grace, devotion, success, prosperity, and all the bright and powerful purposes of God. This plane of the body-consciousness becomes

angelic, a sphere of miniature angels, as it were, the product of our own God-Mind.

Purity is the essential quality of angelic forms, and through purity of purpose in thinking thoughts of truth, the heavenly realm of our own I Am creates thoughts in the image and likeness of God; and these thoughts which we evolve by study and affirmation and realization of truth, fill this realm of our being with joyous light and satisfaction.

We love to live in the realm where we conceive thoughts from the Absolute Presence, and these thoughts grow in such grace and power that they have a life and activity of their own. They depart from us as angelic messengers on a mission of education to other thoughts and then they return to our I Am center for new strength and intelligence, which gives them greater growth and ability to manifest truth.

These angelic thoughts of our own creation do not need redemption, for they are created pure and true and holy.

But this is only one realm of our complex nature, which is an epitome of the whole universe with all its heavenly and earthly planes, and positive and negative degrees of life.

We are sometimes led away from spiritual thought by the activity of lower realms in our body-consciousness—embodied states of mind which positively refuse to allow us to live in the realization of the beauty of holiness. Lower states of thought and feeling assert themselves and compel our attention, and although we may, through power of will, turn our attention again to the higher concepts, these realms of thought and feeling which we have pro-

duced through long experience in the mortal concept will demand a share of our mental life.

They are filled with our thought children that are stronger than all others because embodied in the flesh. We are their parents and they have a right to our attention and care; yet if we allow them to rule we sink to their plane, and our other thought children of heavenly birth are left with no place of abode, with no one to feed or clothe them, for their God and Father has forsaken them, and they wait anxiously for the return of his love and protection.

What, then, shall we do with these children in darkness? Who can be their savior but their creator? We must educate them one by one. We must enter these lower realms of our body-consciousness as the Saviour entered this plane of God's Great Body. As he stooped to the lowliest and meanest minds with no thought of condemnation but with an unfaltering desire to give each one the education which would bring him eventually into the love and wisdom of his own I Am center, so must we seek to redeem the false desires of our minds and bring them all into the light.

### AFFIRMATIONS.

I am the redeemer of all the lower realms of my body-consciousness. I will not allow my sense mind to dominate my rational mind. My rational mind is the more positive, and will infuse its intelligent understanding into every part of my sense mind.

I will not allow my sense mind to believe that satisfaction comes through external sensation. I will infuse my sense mind with the realization that all

peace and satisfaction is born in the soul, and flows from the soul into the mind and body.

All my thoughts and imaginations must cease looking to external objects for sense gratification. They must all know and understand that they can only find real satisfaction by obedience to the will of the soul, whose only desire is to express the pure purpose of God, thus purifying and glorifying its instrument with the joy that comes from expressing the God-Life.

All the thoughts and desires of my sense mind can evolve and progress into a higher and more intelligent consciousness, and manifest the purity and holiness of the God-Mind. I will not allow any of the lustful thoughts or desires of the race mind to enter or influence my sense mind. I am the only ruler in every realm of my body-being. I am Master.

### ALL METHODS OF VALUE.

We are living at a time when there is a revival of many methods of attaining physical well-being. The advocate of each one of these methods is certain that by his method and by none other are the best results to be attained.

We have seen those who have been healed by a change of the emotional or thought currents. They promptly cast aside common sense and advocated that means of healing to the exclusion of every other. Others have been healed by the raw food diet, or by the "no breakfast" plan," by physical exercises or breathing exercises, and each one thought for a time that the new way of living was going to do everything and they made life miserable for their friends by their

verbal enthusiasm. But after a while they met a problem that could not be solved, and then they either gave up their method as a failure or enlarged their understanding to embrace another new method, and thus they grew.

Every one of these "new" methods embraces valuable ideas. If each one will heal or strengthen a few, will not a system of living that embraces them all meet more of the requirements of human nature and lead to the greatest results? Let us not despise the good to be found in any plane of life, but in meekness of spirit toward the All Good, apply all means that tend to make us stronger and more perfect in every department of our being.

### THREE DEGREES OF LIFE.

There is a golden mean between the extremes of metaphysics and materialism, a standpoint from which we can see good in both directions and embrace all that is of value in material as well as metaphysical expositions of truth.

The physical body is the great problem with which we have to deal. Upon the health of the body and its freedom from weakness and decay, depends so much of our enjoyment of life that the means which lead to the constant renewal of life are most essential for us to know.

We have learned that there is a mighty Consciousness within and about us. If we individualize this Consciousness we shall become manifestations of health and perfection. The little that we feel and know of life is but as a spark of that Great Consciousness. We have the capacity to feel and know more

and as this capacity develops we shall individualize more life and strength. So the problem is reduced to the question, how to develop the knowing power in this body to the fullest extent. It is a bundle of feelings, of intelligent substance, that we are to refine and vitalize until every cell and every brain center is radiant with a mighty consciousness of immortal life.

In this process of regeneration we have three degrees of life to consider and develop—the body, the mind and the soul.

The body should be fed with pure, energized foods that provide all the elements necessary to reconstruction. It must be exercised so that every part will be kept active, so that the circulation will carry away debris and poisons and bring life essentials to every part. It must be aerated by the inhalation of an abundance of fresh air and cleansed by drinking plenty of pure water.

The mind must be purified and educated. It must learn to function in all the brain centers, to conserve and transform the vital fluids into ethereal substance and to become a positive thinker of the divine thoughts of the soul.

The soul must be awakened and fed by prayer, praise and reunion with Divinity. It will function consciously through the six sacred centers after they have been purified by denial and affirmation, and will bring to the mind and body the creative power of Divinity.

All these things are important.

The body may contain waste deposits of lime and acid crystals which may be the result of either improper diet and lack of exercise, or they may have



been created by the mental influence of impure and discordant thoughts. The bodily and mental conditions may be fulfilled and the brain centers may be highly refined, but if the soul power is not awakened and cultivated by devotion, aspiration and love of Divinity, the external conditions will amount to nothing, for all depends at last, after physical and mental conditions have been fulfilled, upon the grace of God and the state of the soul life in God.

### FOOD AFFECTS THE MIND.

5 The body, or undeveloped mind, is affected by the quality of food it assimilates, for the food is a form of mind and reacts on the whole nature according to its quality, and will do so until we gain full dominion over our bodily intelligence; but even then we will not spend our time transforming brute force into spiritual energy, and our good judgment and intuition will enable us to choose the proper foods for our particular temperaments.

By their reflex action on the mind as well as by feeding the body and brain with the needful qualities, the proper foods are a great help toward the attainment of dominion.

I had an experience with pork which quite convinced me that the quality of an animal is imparted to the blood of one who partakes of the flesh of the animal. I knew that physicians prescribe bacon in cases of exhaustion. I asked a physician what he considered so beneficial in bacon that he should insist that his weak patients partake of it. He explained that bacon contains the greatest amount of force of any meat and it is in a form that is easily assimilated.

Before prescribing it I tested it on myself. It produced results almost immediately. I was very sensitive to its effect from having lived on a vegetable diet for a long time. It filled my body with energy, but of a quality so manifestly piggish that I did not care to repeat the experiment. My blood was qualified with animal heat that rushed through my veins like living fire. Several hours had elapsed before the proper quality of my own life overcame the foreign elements. In this experiment I realized very vividly the difference between animal vitality, human vitality and that spiritual fire that is generated in the body from the inflow of the vitality of the Spirit.

### THE LIFE GERMS CONTAIN THE RENEWING POWER.

The male sperm and the female ovum unite at the moment of conception to form a tiny creative center of intelligence, which is a concentrated power capable of generating a physical organism. There is enough energy embodied in this minute egg to develop all parts of the organism and carry it forward in physical growth until the period of puberty at least. At this period the body develops its own creative germs and there is a wonderful awakening and renewal of life energy. When a boy enters into the adolescent period, his shoulders broaden, his brain becomes a fourth heavier in a few months, his heart enlarges one-third, the blood pressure is greatly increased, the voice deepens and the strength and structure of the whole body are regenerated. The same renewal of vitality and unfoldment of uses takes place in the female body at this period.

It has been said that the life impulse is strongest

at conception and in proportion to the mass of the organism gradually becomes less until death. Dr. Charles Minot of Harvard has compiled statistics and prepared charts illustrating this decline in the life impulse, showing that growth stops at about the thirtieth year and the organism enters into its permanent decline.

These statistics only show how the human body acts under present modes of living. The wasteful sexual habits of the race are deep-rooted, and physical decay begins at an early age as a result. With the decrease of life energy, decay begins. Let life energy be conserved and renewed and there will be no decay.

I want to emphasize the fact that the creative impulse that is concentrated at the time of conception toward the formation of a new organism and the awakening of which in a boy or girl at about the thirteenth year brings such marvels of physical development, is an impulse that springs anew in every human organism once in every twenty-eight days or moon month. The germ born each month is capable of generating a new human organism. If it will accomplish a miracle of reproduction when expended, it will do as great a wonder in recreating the organism if retained in the body and diffused for that purpose. The fact that we have not seen this done by any of the myriads of beings who have lived and died on this earth, is no proof that it is impossible. Many have lived to an age of one hundred and fifty years and longer, through simple temperance in diet, drink and habits. No man can limit what may be accomplished when the full law of conservation is understood.

As a result of the sexual habits of the race—habits dating back to the time when man was no

more than an animal—the whole tendency of the nature is toward the expulsion of the seed in both male and female, unless, in the female, it has been impregnated. In order to retain the creative vitality of the germ cell for the regeneration of the body, the habits and tendencies of all the past must be overcome. Not a simple matter, to be sure, but it is well worth the attempt, because in every step of the process there is gained power for body and soul that can never be lost to the individual in the great work of the ages.

Purification of the mind is the first essential that germ cells may not be wasted, and then comes an increased activity of the brain and nervous system that the vital power may be conserved and drawn upward.

True spirituality is based upon chastity in thought, word and deed. The soul is trying to organize the crude forces of the body into a living image of its own purity and perfection. In the body are generated the forces from which the mind is formed. When a positive spiritual mind of understanding is formed, the soul through the forces of its mind can gain full possession of the body, and begin to glorify the body with its living peace and harmony. But the soul can live only in those parts of the mind that are tuned to its own purity and grace. Unchaste men and women cannot develop spirituality. They become weak in moral stamina, mental vigor and physical vitality.

The transformed sexual forces become the most potent instrument through which the soul can express its attractive presence. These spiritualized forces are stored up in the brain and nervous system for the use of the soul, and the soul clothes itself in them as in a garment of immaculate glory.

## BECOME AS CARE-FREE AS A CHILD.

The student of Physical Culture gains a more perfect development than a person engaged in manual labor because he not only exercises all the muscles of the body but his mind enters into the pleasure that comes from the vigorous use of the muscles.

One who exercises daily with mind concentrated on muscular development gains greater strength and muscular control than one who uses his muscles in manual labor without thought or desire for strength or control. This leads us to see that we can turn the ordinary labors of the day into means of conscious control. We can enter into any manual labor with spirit, with the feeling that it is a use of muscles that will develop more life.

It is not always necessary to hold affirmations to center the mind in the body. It is the feeling we want—to feel ourselves in the muscles of every part of the body as we use them—to enjoy being alive and active, like children at play. What a great number of movements they make in a day. No wonder they are hungry all the time and do not suffer from lack of appetite or insomnia. Every little cell in every part of the body is kept vigorous and the blood goes everywhere. We can just imagine every intelligent cell as smiling and happy in its activity as is the child. There is no sluggishness anywhere.

The savage, in his out-door activity, retains his childhood vigor much longer than we do because he lives more and thinks less—that is, in his upper brain.

As we mature, we become more thoughtful and dignified and inactive physically. We have retired to the cranium and become so weighed down with the distractions and cares of mortal life that life's build-

ing and restoring processes are disturbed. A few minutes of physical activity such as children indulge in, convinces us that we have already begun to lose our body, even though we be no more than thirty. Then instead of heeding the lesson and returning to the kingdom of life and joy that the child inhabits, throwing off care and responsibility in the faith of a child in the Good Father, we are apt to surrender to the stealthy approach of decrepitude and death without resistance.

Let us cast off the fears and sorrows and mental weights of mortality. They are false and have no basis in truth. This we feel when the Spirit of Truth is truly realized. Let us arise in the strength of the Spirit and inhabit this body with a joyous consciousness of a deathless destiny of active usefulness.

### MENTAL DEVELOPMENT THROUGH MUSCULAR ACTIVITY.

The nervous system may be divided into three general brain centers.

The head brain, the middle brain and the pelvic brain.

The head brain is the intellectual center, the middle brain the emotional center and the sacral or pelvic brain the vital center.

These are general centers through which the personal spirit exhibits its nature. They include the six sacred centers through which the soul functions in the flesh, which will be explained further along.

The head center has become highly developed at the expense of the emotional and life centers. In learning to think man has concentrated himself in the head and withdrawn himself in a measure from the

rest of the body. The Physical Culture movement shows he has remembered that he has a body which needs attention and has begun to develop the body as well as the mind. The savage had splendid attributes of strength and recuperation which man lost in part as he departed from nature to develop new mental faculties. The native African will quickly recuperate from terrible wounds which would kill a civilized negro or white man. The savage also has a "sense" of the mind of nature, in common with some animals, which civilized man has lost.

We can have life force as well as thought force if attention be given to living as well as to thinking. There can be no development without use. Every faculty of the mind and every organ and muscle of the body must be used if we are to be alive throughout our whole organism. The sex center, with all the nerve structure in the lower part of the trunk, exists to supply the body with an unlimited quantity of life force and when the life force is conserved, instead of wasted, and diffused through the muscles and nerves, there will always be life to renew the body, providing of course that man lives in harmony with the Over Life from whence creative force is drawn. As man lives at present in the thought of sexual gratification and the propagation of offspring, the intelligence in the sex center works unceasingly to generate force to supply the waste, and there is very little of that force turned back and diffused through the body. Thus these organs over-function and rob the whole organism of vital substance.

In order to conquer this downward and outward tendency of the vital substance, all the nerves and muscles in the trunk must be awakened and rebuilt along new lines in the effort to draw the life force

upward as a regenerative force. The lower brain must be awakened and spiritually attuned so that creative energy can be indrawn at will from the inexhaustible Source of life.

Thus we see that the upper brain must be spiritualized by pure and high thinking in order to embody Divine Wisdom. The middle brain is taught to feel holy emotions that Divine Love may be felt and expressed. The lower brain can be so purified and quickened that Divine Life will continually embody its creative energy to the healing and reconstruction of the whole body.

When at the adolescent period the lower brain is first awakened in the youth, there is a wonderful physical development. This points to the "how" of physical renewal. This brain must not be allowed to become inactive. It must be developed to perfect consciousness of life and realize its ability to keep the creative force rebuilding the body indefinitely.

Prof. Elmer Gates has proved that brain substance can be regrown and developed even in the lower animals to a marvelous degree. In fact his experiments in educating dogs to discriminate 186,000 distinctions of pitch, tint, shade and hue of color in one year's training, resulting in the growth of over ten times as many cerebral cortex cells in the sight region as found in the brain of untrained dogs, convinces us that there is no limit to brain development.

We can develop the life and power of the sacral brain by using it. There is no other way. Affirmations in the intellectual region will not develop life in the lower brain. The will must energize the brain cells in that region by gaining control over all the muscles. The inner and outer muscles can become



responsive to the will. The will can consciously control muscles that have been inactive since childhood, and this process will build new nerve paths to and from all the muscles through which life force will flow to rebuild tissues, muscles and nerves.

The first exercise will be to gain conscious control over the muscles of the abdominal walls. Place the hands on the abdomen so that you can feel what muscles are being affected and then push the muscles out and pull them in a number of times by an act of will. The action will be jerky at first and the effort may be tiresome but use develops control and strength. Stop when the muscles become tired.

The second exercise will consist in moving the muscles in and out in the region of the stomach.

In the third exercise, by means of deep breaths, endeavor to move the inner muscles of the trunk up and down so as to get conscious control of them.

These are the simplest form of control and will soon develop the nerves so that the muscles can be moved rapidly and vigorously. These exercises cause the blood to circulate freely, which invigorates and strengthens all the internal organs. They would help to overcome constipation, liver, kidney and stomach trouble and reduce abdominal obesity.

Everyone has more or less control over the rectal muscles. They should be exercised next in order to gain dominion in that region.

In the male organism there is a set of muscles just in front of the rectal muscles that can be drawn upward, thus strengthening the sexual center. These muscles can be contracted in combination with an in-drawn breath and the thought that vital energy is being drawn upward.

In the female body the conscious control of the muscles that surround the womb will result in a development of strength that will overcome falling of the womb and other weakened conditions that result from lack of muscular control.

Each student will need to practice patiently and persistently to learn how he or she can best gain control. Part of the pleasure of practice is in the discovery of new sets of muscles in the back, sides and interior region that gradually come under the conscious control of the will. Work faithfully every day to enter into conscious relationship with every part of your body; thus you will become master and enter into the fullness of vitality and health.

### ENTER INTO YOUR BODY AND VITALIZE IT.

When you affirm your individual existence by saying "I am," how much do you realize of yourself? Where do you seem to be located? How much of your body vibrates when you say "I am"? At first your sphere of conscious selfhood will seem very limited, but daily practice will enable you to grow in conscious power and herein lies the way to conscious control of your organism.

You should endeavor to become conscious of yourself in every part of your body. To be consciously alive in every nerve, muscle and fibre so fills the body with your dominant personality that there is no room for disease or decay.

Close the eyes and thoughtfully affirm "I am." Affirm very positively both audibly and silently when possible.

As the senses have to be awakened to their greatest degree of conscious expression in order that they

may become the avenues for spiritual expression, it is necessary first of all to unite the sensations of existence so closely with the conscious mind that the mind will pervade and control them. So you are to make the following affirmations in relation to the sense of feeling. You are to try to feel yourself in every part of your body.

I am positive intelligence in all these nerves.

As you make this affirmation think of yourself in all the nerves of the body and soon there will be felt a tingling sensation. This will give you faith in the process for this sensation is the vibration of your positive thought awakening the latent intelligence in the nerves to a realization of itself. The new faith and enthusiasm born of these first sensations will give added energy to the mind and cause you to affirm with more assurance:

I am joyous life vibrating through every part of this flesh.

When the interest in this affirmation begins to wane, turn your attention to the various parts of the body and energize each part with affirmations similar to these given as examples. Think first of the feet:

I am alive in the nerves and muscles and bones of these feet.

I feel the vibrations of life in my feet.

Then strive to gain control of the latent force in the legs by concentrating these thoughts in them.—

I am vibrating through all this substance.

I think in the mind of this substance.

My mind is the life of this substance.

Dwell for some time upon each one of these affirmations before going to the next.

I am intelligent life in all the nerves of the pelvic region.

I feel my creative life force in all these organs and muscles.

I live in all the cells and generate life and power in every one.

I am a mighty generator of energy to all the organs in the trunk of the body.

I am radiant life and intelligence in this solar plexus center.

My heart center is alive with spiritual love.

I am love, living in the heart.

I am love, radiating the warmth of the divine life to every centre in the body.

I am the Love which is God—free, pure and wise.

I am in these lungs, inbreathing the vitality of the atmosphere.

I draw the essence of each breath down to the bottom of my feet and feel that I am inbreathing life into every physical cell.

My whole body now tingles and vibrates with this invigorating vitality. I feel that every cell is inbreathing the electric vitality of the atmosphere. Every cell is dancing in the joyous currents of life that thrill through my being.

I am muscular energy in these arms and shoulders.

I invigorate these muscles with my presence.

My mind energizes my arms and shoulders with perfect strength.

I am harmonizing my throat with the tones of love and joy.

I am alive in this center as a creator of the words of life.

I sing and intone and speak the words which give me the realization of everlasting life.

My brain is the seat of conscious mastery.

I am the intelligence in every faculty of the brain. All thoughts and memories and functions are under my conscious control.

I radiate my intelligence through the brain and I feel that I exist in all parts of the body, but I am greater than brain or body.

I am the wonderful being that gives life and intelligence to the body.

I am the architect and builder of this temple.

I am the God-Idea, radiant with the substance of Perfection.

### TEMPTED BY THE DEVIL.

The devil has been thought to be a personality, of great power and wisdom, a veritable god or archangel of heaven, who has turned his wonderful faculties and abilities to the injury of humanity. He has lost power to influence humanity as knowledge has dissolved the belief in him. He is not a personality. He has proved to be no more than a state of mind dominated by error or ignorance. Hades, also, is but a consciousness or condition of mind resulting from ignorance. Lack of knowledge and erroneous beliefs lead to actions that produce conditions of such discord that even fire and brimstone would fail to make one more miserable.

Man began his earthly existence with the physical senses predominant. The natural man was evolved first and after he had met and conquered the crude conditions of earth, within his nature the more spiritual man began to form. The first state of human evolution called out all the selfishness, ferocity and other qualities which are called the "animal nature." As the spiritual nature, or higher powers of the mind, began to grow, it met the resistance of those outer de-

sires and tendencies which while good in their time and place were not good when they interfered with the birth and development of a higher being. These feelings of the sense nature have been called the voice of the tempter because they have kept man from entering the higher degrees of his being.

Jesus, the supreme Master, met these selfish voices of the sense realm and therefore, in the symbolism of the bible, it is said he was tempted of the devil. But Jesus had resurrected within himself the divine individuality and the immaculate purity of his true being held him above the attractions and temptations of the sense plane. The essence or seed of Divinity had become unfolded in Jesus the man. The masculine and feminine elements of his soul were so awakened and blended that he was a complete being, symbolized by a cube within a sphere.

### AFFIRMATIONS.

I have faith in the power of Christ and by intelligently uniting with that power I can overcome the illusions of the senses.

The ceaseless currents of earthly desire that pulsate about me will not draw me into the vortex of sensuality because I have taken my stand on the immovable consciousness of my soul, the Rock of Truth.

The destroying breath of carnality cannot find entrance into my mind.

I am inbreathing the pure breath of the Spirit, which is my protection from all false attractions of the senses.

This Spirit gives me the power to discriminate the false from the true and to unite myself

with the real elements of progress which will enable me to enter a plane of mind higher than any I have yet realized.

I shall enter the plane of regeneration where all growth is spiritual and my life is perpetually renewed from the Divine Fountain of Life.

I am conquering the impulses of the subjective realm, the false desires of the flesh.

I am the ruler.

I will no longer be ruled by the sense plane.

I am drawing my force from the body of Christ.

His Spirit fills my flesh with perfect substance and I realize that my dominion is imparted to me by the Lord Jesus Jehovah.

### THE CAUSE OF PHYSICAL WEAKNESS.

The seminal fluid secreted in the male organism is lost quite frequently from various causes, such as the use of stimulants, heating the spine while sleeping on the back and amorous dreams. Under the conditions which men live generally, over-eating and under-exercising as they do, it is considered natural by physicians that the seminal secretion should be lost once in from two to six weeks. If emissions do not occur oftener than once in two weeks, men do not realize any great debility from them. But the man who would secure the highest and best development of his physical, mental and soul powers, will carefully seek to avoid, as far as possible, all loss of sexual fluid in the form of emissions, or even in the form of lawful sexual intercourse. While no man should allow the loss of the secretion to cause him anxiety at any time, he should constantly seek to so adjust his ways of

living that all the fluid will be conserved. These losses are usually followed by a feeling of depletion and disgust, which should give the realization that the condition is not natural, and should stimulate the desire to retain all the vitality and force represented by the lost fluid.

The fallacy is prevalent that when the sacs which retain the fluid have become full, they must of necessity be emptied by an emission or by sexual intercourse. Nature has provided these sacs for the retention of this life-giving fluid that it may be reabsorbed by the system and become the vitalizing and strength-giving source of physical and intellectual power.

Doctor Acton says:

"It would be better for the adult to be free from these (emissions), and I feel convinced that in one who has not allowed himself to dwell on sexual thoughts, but takes strong bodily exercise, and lives abstemiously, emissions will either not occur, or their occurrence will be looked for very rarely."

Every man should, by vigorous exercise, regular bathing, judicious diet and control of his thoughts, reduce emissions to the minimum until the soul has become so powerful that it can reabsorb and transform for higher uses all the vital essences.

Athletes under training are required to abstain from sexual indulgence and to live where the sexual stimulus and excitement which come from the sight and presence of women are removed.

The most important cause of seminal emissions and of sexual weakness in general is found in a disordered and debased imagination. Whatever tends to create sensual images in the imagination stimulates



the sexual nature and causes the seminal fluid to be secreted more rapidly than nature can reabsorb or the soul transmute it, and thus the whole physical and intellectual being is drained to supply seminal fluid. During sleep these pictures recur to the mind and excite the organs with the result that the fluid is expelled, or it passes away while the bowels or bladder are being emptied.

Holding in the mind sexual desires is as debilitating in its effect upon the body as physical intercourse. As the thought of eating is a sufficient force to break open the little cells that store saliva, causing it to pour into the mouth, so lustful thoughts stimulate and excite the sexual nature and cause a perceptible or imperceptible loss of the vital fluid. There is no stronger proof than this of the power of thought over the functions of the body.

It should be evident to anyone who considers these facts, that health and strength of body, and intellectual and soul power are dependent, as far as physical expression is concerned, on the conservation and reabsorption of the seminal fluid, and for this reason it is absolutely essential that the imagination and the purpose be pure.

There is only one time when good may be realized by stimulating the generation of sexual energy in either sex by dwelling in thought upon the holy act of propagation, and that is when the aged desire to reawaken these functions that the fluids may be reabsorbed and transformed in order to fulfill the processes of regeneration.

There is a form of sexual gratification whereby the act is not consummated. The seminal fluid is supposed to be retained because it is not expelled at the moment, and it may be that through the cultiva-

tion of restraint and control, the loss is not so great, but this is only a compromise with the mortal nature, which craves fleshly contact and physical sensation, because it has not been educated to feel the more satisfying bliss that springs from within the soul life from God, who is the only source of satisfying sensation.

The advocates of this more refined method of gratifying the senses claim, and rightfully so, that diseases have been healed by the retention of the seminal fluid, and the female sex has been saved much suffering in not being taxed with the bearing of too many children, all of which may be true in some cases, but there are many who could attain to freedom from this state who remain bound to the senses because they know no better. There may be those who have become so habituated to sexual intercourse that they think they cannot change except to this process, which is somewhat of a release to the female. In these cases the process is good in that it is a choice of the less of two evils by those who can only be led gradually to a proper understanding of these deep subjects, and it is to be hoped that it may be the means of preparing the mind for something higher. Knowing all that has been said for this method, I most emphatically affirm the truth that it is but a means of pandering to the senses and hinders the soul from transforming the vital fluid to its highest use.

There will be developed a greater love and attraction between the sexes when all thought of the contact of the organs is entirely eliminated from the mind, and the spiritual powers resulting will more than compensate for the lack of physical gratification.

## PREVENTION OF WEAKNESS.

Abstain from tea, coffee, tobacco, and all spirituous liquors. Drunkards and tipplers lose their sexual powers early.

Eat light suppers, avoiding meat. Emissions usually take place during heavy sleep caused by a full stomach.

Keep the bowels free and the bladder empty that straining and pressure may be obviated.

Drink but little before retiring.

Bathe the organs and the lower part of the spine in cold salt water at night. The electric action of the salt will make the organs positive and strong.

Do not sleep on the back, as heating the base of the spine is liable to cause emissions. A towel tied around the waist with a hard knot opposite the spine will prevent lying on the back.

Bathe at least twice a week.

Exercise a couple of hours each day in the open air.

Sleep in a single bed. Keep the sleeping-room well ventilated.

These are all necessary factors in preventing emissions, but will do little good if the mind is not kept free from sensual images and the will fixed toward overcoming. Coming in mental and physical contact continually with those whose aura teems with lustful pictures and desires, and being born with a large capacity for such thoughts and feelings, because they are at the present time dominant forces in the mind of the race, it is necessary to cultivate the will to be on guard day and night to resist all vibrations of passion and all images of lust.

Charge the mind in the evening to resist all

images of lust, to awake immediately at the approach of such ideas. The idea of danger to health associated with the determination to awake, will soon conquer this weakening tendency. The sleeping intelligence becomes so alert and wise that it will stop an ejection already begun before the conscious mind is fully awake. It has been said that there is no moral sense in the dream state, but this is because the subconscious mind has not been educated. It is a most wonderful and potent factor in spiritual development.

### NOTHING NEW UNDER THE SUN.

I have stated heretofore that the truths relative to regeneration were received by me from teachers in the spirit state who lived long ago in the earth world. I have been taken into the beautiful realms of wisdom where they live, while my body was asleep. I have been taught by them and continually receive from them the wisdom that I require in my appointed work. I have volumes of notes made from their discourses on all subjects and what I have written is not original, it is but modified by my brain under the inspiration of the moment to fit present needs.

I have been startled and puzzled at times to find that what I thought was a new idea had already been expressed by another writer and in a way so similar to my own that had I not known that neither of us had copied from the other, I should have accused myself of plagiarism. I called upon my teachers for an explanation and I was told that these truths are common knowledge among the inhabitants in the celestial kingdom, and they all—Hebrew, Hindu, Persian and Egyptian—have taught them to their pupils on the earth plane. I was also told that in that realm they

are not limited by thoughts of possession or plagiarism as are mortals. All own all they can receive and use. No one possesses the beautiful thoughts of truth that exist in the infinite Mind. They are the possession of all—entirely free. Many mortals enter into that realm during the hours of sleep, seeing and hearing while in the freed spirit form the immortal truths of heaven, and although they have forgotten the experience when they awake, except possibly as a beautiful dream, their subconscious mind retains the impressions and they find expression in inspiring music, poems and thoughts of truth, which are stamped with the name of the writer. I now know from experience that the storehouse of divine thought is open and has always been open to the children of the Father, and there is no thought anywhere that anyone can claim as his own—as absolutely original.

But if there can be no originality as regards the form of thought, there can be a difference of power in the same words from two writers that will make one seem inspired and the other lifeless. A writer unconsciously stamps every word with his own realization, and every word tells what he is. A teacher may write very learnedly about the processes of regeneration, but unless he is continent and pure, his words will be comparatively powerless in their effect upon others. His words will lack vitalizing and germinating power. But if he is retaining the essences which give manly vigor and impregnative force and his soul is strong, his words and mental atmosphere will be charged with a power which penetrates and begets new thoughts, emotions and soul power in those who come in contact with him or who read the words he has written. Thus we see that the procreative power is not limited to the increase of human beings. In the

mental realm it becomes a generative power, through which heavenly truths can be born into the world and through which they can become of mighty benefit to souls who are in need of their life-giving potency.

Jesus uttered truths that the world had heard before, but His words lived, and whoever will assimilate His words to-day will discover that they still contain life, an ever-increasing life force, that flows directly from the Fountain of Eternal Life—their Creator in the heavens.

### ENTER INTO THE WAY OF LIFE.

You now understand the philosophy of the reabsorption of seminal fluid and you are to decide whether you will enter into the deeper work of transmuting the vital fluid into ethereal currents. You may not feel that you are ready to take this step, nevertheless there is much you can practice in the following lessons with profit, and when the desire awakens within you to bring your whole nature up into a higher plane of existence, it will be a simple matter for you to decide to stop all waste of the vital fluid for all time. If you have faith in your undertaking and hope for success, you will resolve to transform all the downward flowing forces of generation into upward flowing currents of regeneration. This resolution must become unalterably fixed in your mind. You must have a new purpose in life, a higher goal to reach, that will appeal to your whole being and draw you by its attraction into the holier path of the immortals. Pray to the Christ, who saw and conquered all, for the strength of will and the persistency of purpose that bring success. Do you really want life to be renewed within your flesh that decay and death may be overcome? Then decide that under no circumstance will you think

even of losing the precious substance that life uses to form cells and reconstruct tissue.

You can begin to draw the life essence up to the solar plexus as soon as the continent life has become habitual.

Do not be in haste. The work of regeneration cannot be forced in any way. You do not want to disturb the harmony of your mind or body any more than you can help, and this you will do if you reabsorb too much of the life essences at one time. When reaction comes and disturbance is felt, hold your mind in the peace of Jehovah Jehovah. Be wise and "make haste slowly" if you do not wish to stir your nature to the depths and let loose forces greater than you can control.

Regulate all your environment—as far as possible—according to the needs of the work. Only through absolute purity can you open the channels to receive knowledge and through knowledge, renewal of life. Keep the mind filled with high spiritual truths.

The passions will strive for mastery. They will try you. If you are master, you will live in the white light of soul purity and hold all these powerful forces subject to your will. Be strong!

You are trying to reach the place where you may stand with the immortals on holy ground. Your consciousness is entering the holy sacred centers, the secret places of the Most High.

Purify yourself and go to meet your soul. The soul's consciousness will enter the sacred centers from within, while your mortal consciousness will enter from the plane of mind, and there, in the sacred recesses of your nature, you will become united with your soul. It will gain your strength for outward manifestation and you will gain its wisdom for inward

progress. Become worthy and enter the sacred precincts of the regenerative plane. Breathe with your soul the inner breath of life and drink of the waters of life that your consciousness may overcome death and ever grow in the grace and power of the immortal sons of God.

There are hidden channels in your nature through which the breath of life will flow. These channels are closed, but they will open as the life essences are drawn upward and reabsorbed.

With sensitive temperaments results are realized immediately, but with the more obtuse days and weeks may pass before much sensation is felt. But there are results whether they can be felt or not. Great and wonderful results will come as time passes, which will manifest according to the temperament. The new life will restore and heal and create new cells wherever they are needed. The mind will become clearer and spiritually illuminated, and the latent germs of psychic vision and hearing will be fed and quickened into conscious life. But greatest of all, the soul's powers will be resurrected and manifest a new personality, partaking of the knowledge of immortal beings—the wisdom of Elohim. But these are the rewards of constant effort, of purity in thought, word and action in all the sleeping and waking hours, covering a period of many years.

#### JESUS JEHOVAH.

I praise Thy glorious purity within my soul enshrined.

I praise Thy immaculate Presence that illumines all my mind.

I praise Thy Power of Purity resistant and refined,  
That dissolves from me all lustful thoughts evolved  
from mortal mind.



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